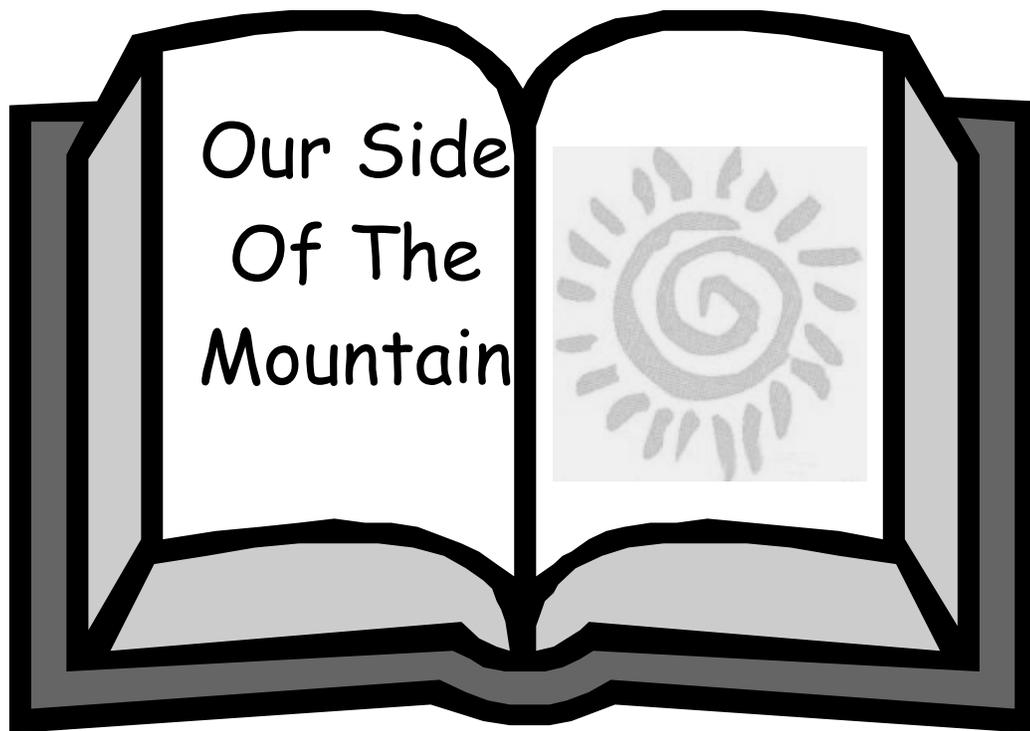


Darren Hillier - Gary Brogan - Tara Bates - Brian  
Thurbide - Tina Mcintosh - Sydney Day Class - Mark  
Williams - Jamie Lundrigan - Carole Bennett - Allan  
MacNeil - Kathy Doucette - Jeff Myatt - Cathy  
Besso - Aileen Hall - Erin Peters - Neil Fougere -  
Shauna Gouthro - Bobby Young



Dave Driscoll - Harriet Meade - Sydney Evening  
Class 1 - Lawrence Christie - Pamela Dandy - Laura  
Lee Gilmet - Jean Stewart - Gary Brogan - Rose  
Marie Stoodley - Gail Vickers - Harriet Meade -  
Ruth - Norma Jean - Kevin - Tommy - Mary - Pat -  
Allan - Edward - Sheri - Lisa - Robert - Andrea

Impressive!

That is the word that jumped into my head when I read the writings in this eighth edition of [Our Side of the Mountain](#). Adult students of the [Adult Learning Association of Cape Breton County](#) wrote all these pieces. There are a wide variety of writings here, on different topics, with different styles, and with pieces short and long.

Read on, and you will find the stories of people who have life experiences to share. Sometimes writing can help make our experiences seem more real, or help us find truths. Other times writing is just plain fun.

Serous or amusing, informative or entertaining, join our writers as they tell their stories. They can take great pride in their published work.

Karen Blair  
Coordinator

# Adult Learning Association of Cape Breton County

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## The Library

On Thursday our class went to the library for a tour. There were many different kinds of books that interested me. I used the computer to look for books about fitness and bodybuilding and I reserved "**Men's Health, The Book of Muscle**".

They had a separate section of books for each subject. One of the books they had was Ruth Rendell's "**The Thief**". We read that book here in class. It was in their Quick Read section.

I also didn't know that they had a section of books on the history of Cape Breton that they keep locked up in a separate room. I found my trip to the Library to be very informative and I'll be sure to use it more often.

Allan MacNeil

**The Noise at the Beach - by Darren Hillier**

Location: Groves Point Beach

Time: late afternoon with very dark cloudy weather

Darren and Ranger Don were walking along the beach. All of a sudden, they heard a loud noise. "Wow, what was that?" shouted Darren. "That almost scared me out of my boots!" Ranger Don fell to the ground because he thought something was going to hit him and Darren. "Holy smokes, what was that?" he screamed. "What's happening, Darren? I thought that I was going to be clobbered by something. It scared the daylights out of me." The two men were so frightened that they ran like crazy to take cover under the cliff.

Little did they know that there was a large bear in the grass that was very hungry, looking for food for herself and her babies. She was sniffing for any garbage that she could find. There was a can that someone had left in the grass, and she was trying to take what was in it. Darren came upon the bear and scared her! She ran away.

Darren and Ranger Don knew that the bear was lost and hungry, so they phoned the SPCA on Darren's cell phone. "Hello, is this the SPCA? This is Darren Hillier. I'm at the Groves Point Beach with my friend, Ranger Don. We spotted a bear and you need to get help for her."

The man at the SPCA said that he would try to get some help for them. He said that he would get a trap for the bear and take it to the forest to live in the wild. Darren and Ranger Don waited for the SPCA; finally they arrived with the cage and found the bear and put

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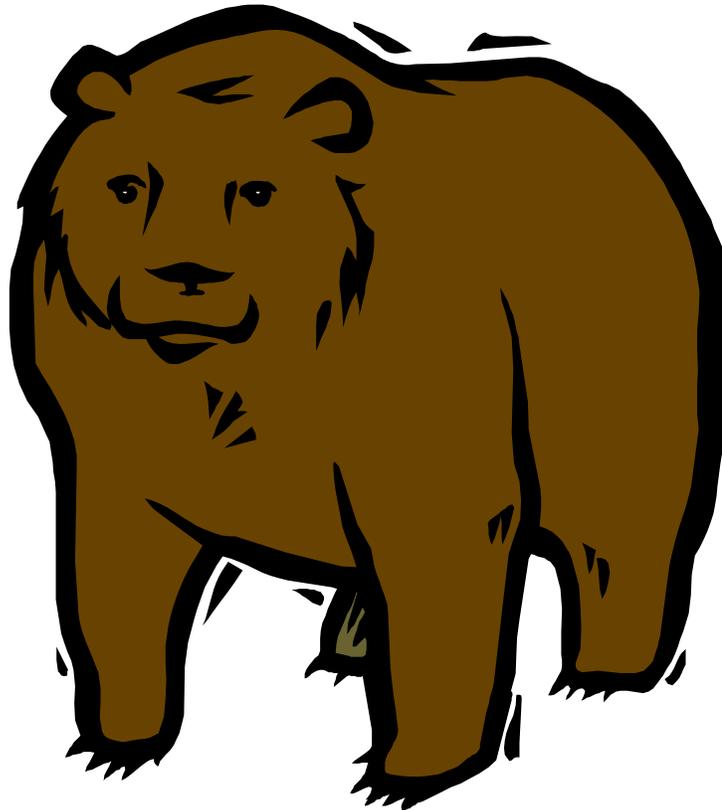
her in the cage. They took her to the forest to live with the other animals.

After everything was over, Darren and Ranger Don went home to shower, shave and sleep. They were very tired from all the excitement.

### The End

\*\* Darren was reading a book early in the term which had a character in whom Darren was interested, Ranger Don. As a follow-up to the book, it was decided that Darren might be willing to create his own story for the purpose of oral reading and detail recall; this was done with help from his instructor.

Darren is quite intrigued with movies and scripts, so we tried to create a story line that might fit within that format. This is the end product.



# Our Side of the Mountain 2007

## IF FAITH COULD BE

If faith could be a color  
It would be blue  
As blue as cloud.

If faith could be a taste  
It would taste just like apple pie.

If faith could be a smell  
It would be vanilla.

If faith could be a sound  
It would be wind chimes.

If faith could be a feeling  
It would be sunny warm day.

If faith could be an animal  
It would be cat.

**By Dave Driscoll**

**Glace Bay Class**





### All My Stress

Stress is how I feel about something. It is how my body reacts to what is happening around me. Stress can be good or bad.

When I get stressed out I feel frustrated. I get very upset and I go to my little corner and cry my eyes out. Sometimes I get sick to my stomach. It sends me to the bathroom a lot. I can get tired and feel cold. Stress can do a lot of things to the body.

To help me work out my stress I often talk to a councilor, family member or friend. I go for long walks and ride my bike. Exercise helps to get rid of the stress. Sometimes I go to the park and feed the duckies. I listen to music and I like to dance.

Shauna Gouthro

## Summer

Summer with her warm sunshine  
Summer when everybody is so happy  
Summer with her long days  
Summer when everyone has a good time  
Summer when everyone falls in love  
Summer with her green grass  
Summer with her pretty flowers all around  
Summer with her warm winds in your face  
Summer when everyone goes to the beach  
Summer with her warm rain  
Summer with lots of hot weather and warm nights  
Summer with her blue sky  
Summer with blue water all around us  
I wish that summer would never go away



Gary Brogan  
North Sydney Class





### If I Could Choose One Superpower

If I could choose a super power it would be to have the ability to stop things before they happen. Things like the World Trade Center Disaster in New York City (or 911) where there was loss of multiple lives. Plus other disasters in the world like floods, fires, mudslides and earthquakes. These things affect the lives of people all over the world, like men, women, and children in some countries that find it hard day to day. If I possessed this power those are the things I would stop.

You would be a true hero in the eyes of some, but you would still have your enemies that would try their best to stop all the good you can do in the world. So for now I will keep the life I have and deal with my own problems, and try to save the world another day.

Neil Fougere  
March 26, 2007

## Our Side of the Mountain 2007

### WINTER



The winter must be here.



I can smell the sweetness in the air.

The north winds are blowing.



The snow is here but it won't last long.

Then come the blizzards, rain and more snow.



God I love winter, you must know.

So, dress up warmly and go outside.



So enjoy.

It's here and then it's gone.



Winter is my best time of the year.

Author  
Harriet Meade  
North Sydney Class

## Too Many Left Behind

I was one of the many people who got left behind. When I was in Junior High School, I was diagnosed with depression, which changed my life drastically. I had no self-esteem and no self-confidence in myself. Junior High is a very big adjustment, but for someone suffering from depression it was very devastating. The doctors couldn't seem to get my drugs regulated. It was very difficult to focus in school.

My problems with my health were not enough. Little did I know would happen next. I was in a severe car accident. The ambulance drivers thought I was a possible "DOA" or dead on arrival. They had trouble getting my vital signs. My injuries were mostly to my head. The teachers were very understanding about the car accident and my physical injuries. Having depression and being in such a bad car accident, I was at the lowest point of my life. I was still giving my studies the best I could. I did manage to get my grade 10.

When I reached grade 11 my depression was very severe and had to see many doctors who were still trying to get the proper drugs to help. I was absent from school quite a bit; the teachers didn't seem to understand. I was missing so much time and work, it became overwhelming for me and that made my mental state worse. I felt I had no choice but to quit school.

## Our Side of the Mountain 2007

Later that year I was diagnosed with Bi-Polar Disorder. They were then able to get the right medications for me. Since then I have overcome a lot of obstacles.

I saw an advertisement on television about adult upgrading. I called the number and made an appointment for an assessment. I started school here at the Adult Learning Association in October of 2005. I am working on improving my education. **I am not ashamed of being an adult learner.** In fact, I am rather proud of it. I am very happy that I have the opportunity to upgrade in such a nice place.

My goal is to move ahead, get my High School Diploma and then work on a career. I would like to work with children who have mental and physical illnesses. There are still far too many left behind. We must try to get more awareness out to the people in need. We cannot allow governments to cut programs like this one. We really need to advertise these types of programs. Without these adult upgrading programs where would we be? In my eyes, we would be left behind once again. And that my friends would indeed be a shame.

Aileen Hall

# Our Side of the Mountain 2007

## Spring is sprung...

New outfits, new ideas...

We are full of energy to continue our classes...

Full of good thoughts toward our classmates...

Full of happiness, love and cheer...

New school projects for the spring...

New subjects to learn and new friends to meet...

With the spring breeze comes summer...

Before summer arrives our classes will be done...

Then another new season will begin...

This will be called fall.



Author(s),  
Ruth, Norma Jean, Kevin,  
Tommy, Mary, Pat, Allan,  
Edward, Sheri, Lisa, Robert  
and Andrea (Sydney Evening  
1 Class)



### My Birthday

Yesterday was my birthday. I will not tell you how old I am but let's just say that I age very well.

Sunday night my brother, Monty and his wife Corinna, my sisters, Mona, Raye and Sondra and my niece, Meg, and my nephew, Cody, took me out for the night. They took me out for Chinese food and bowling.

**And guess what?** I thought because it was my night that they would let me win, but guess again. **They didn't.**

Just being with my family was the best part of the night. We went home to my house for cake, cookies and tea. Boogie baby, my little dog, was happy to see me home.

Erin Peters



### Easter Fun

Easter is a fun time in my house. I have two kids that make life interesting. My son, Jacob, he is two and my daughter, Jenna, is twelve. They started Easter morning off early, like around six thirty in the morning. They made sure we were all up and roaming around the house eyes still half shut, for me anyway. They were excited just like as if it were Christmas.

By ten in the morning they were bouncing off of the walls but they were very pleased with what the Easter Bunny had brought them.

Later in the afternoon we all went to my grandparent's house for a family meal. Everyone was there: aunts, uncles, cousins and grandkids. It was a beautiful meal with all the family together. We also had birthday cake because it was my grandfather's eighty-sixth birthday.

As the evening wound down the kids didn't. They were up late, but as tired as I felt, it is always worth it in the end to see their beautiful faces and the joyous time shared amongst a tight loving family. Hope your Easter was as great as mine was.

Cathy Besso

## The Importance of Volunteers

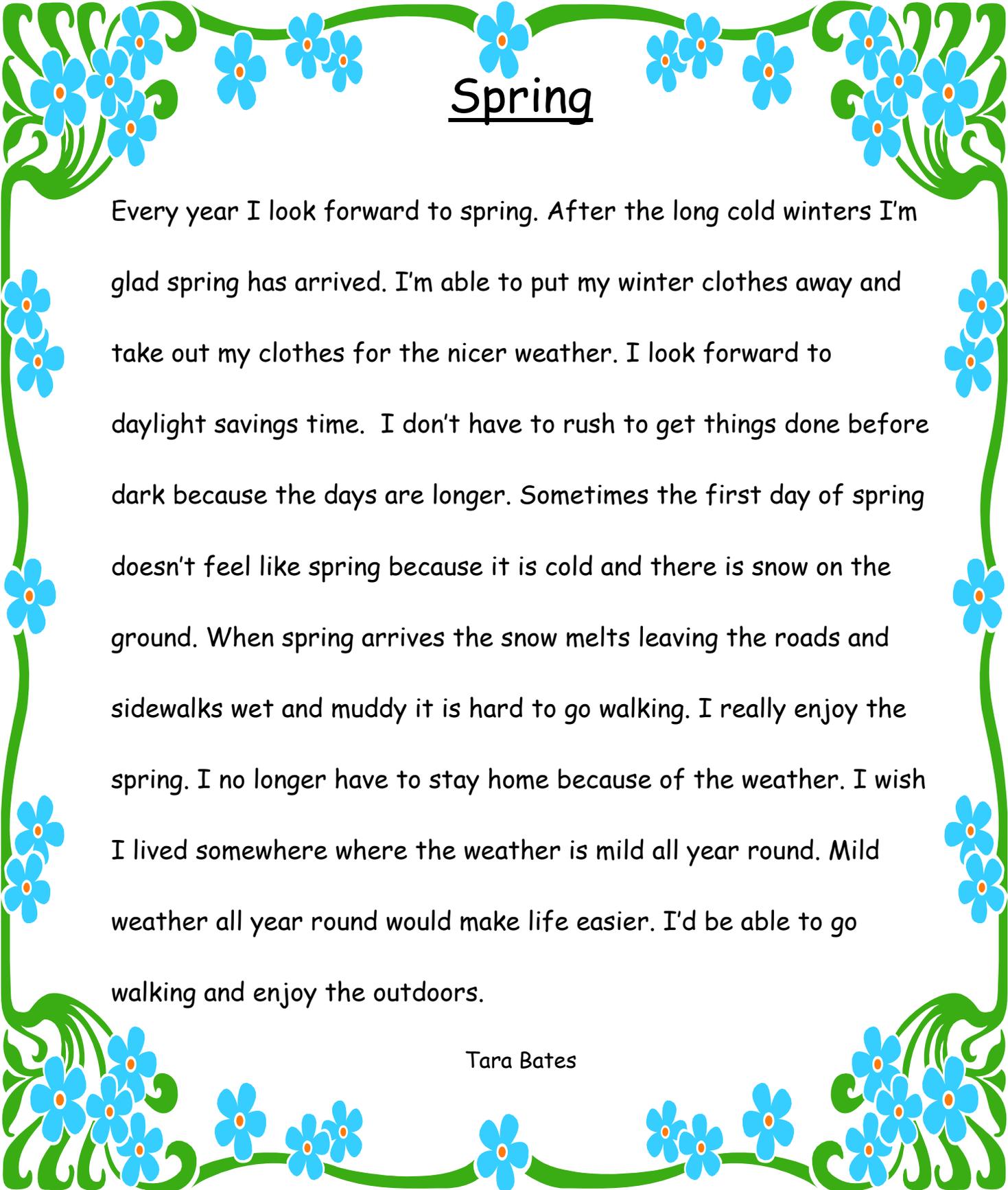
I think it is important to have volunteers because they can help people. Some volunteers will go into a person's house and help them with their studies. Some volunteers help the elderly. They help with laundry and other chores. I would not mind volunteering as a tutor. I would like to help people learn to read and write.

Lawrence Christie  
Sydney Evening 3

It is important to have volunteers because organizations cannot do it alone. I have volunteered for the Red Shield Appeal several times. My duties were to watch the kettle as the donations when in and also to keep it safe from thieves. I really felt I was doing something worthwhile when I volunteered.

Pam Dandy  
Sydney Evening 3



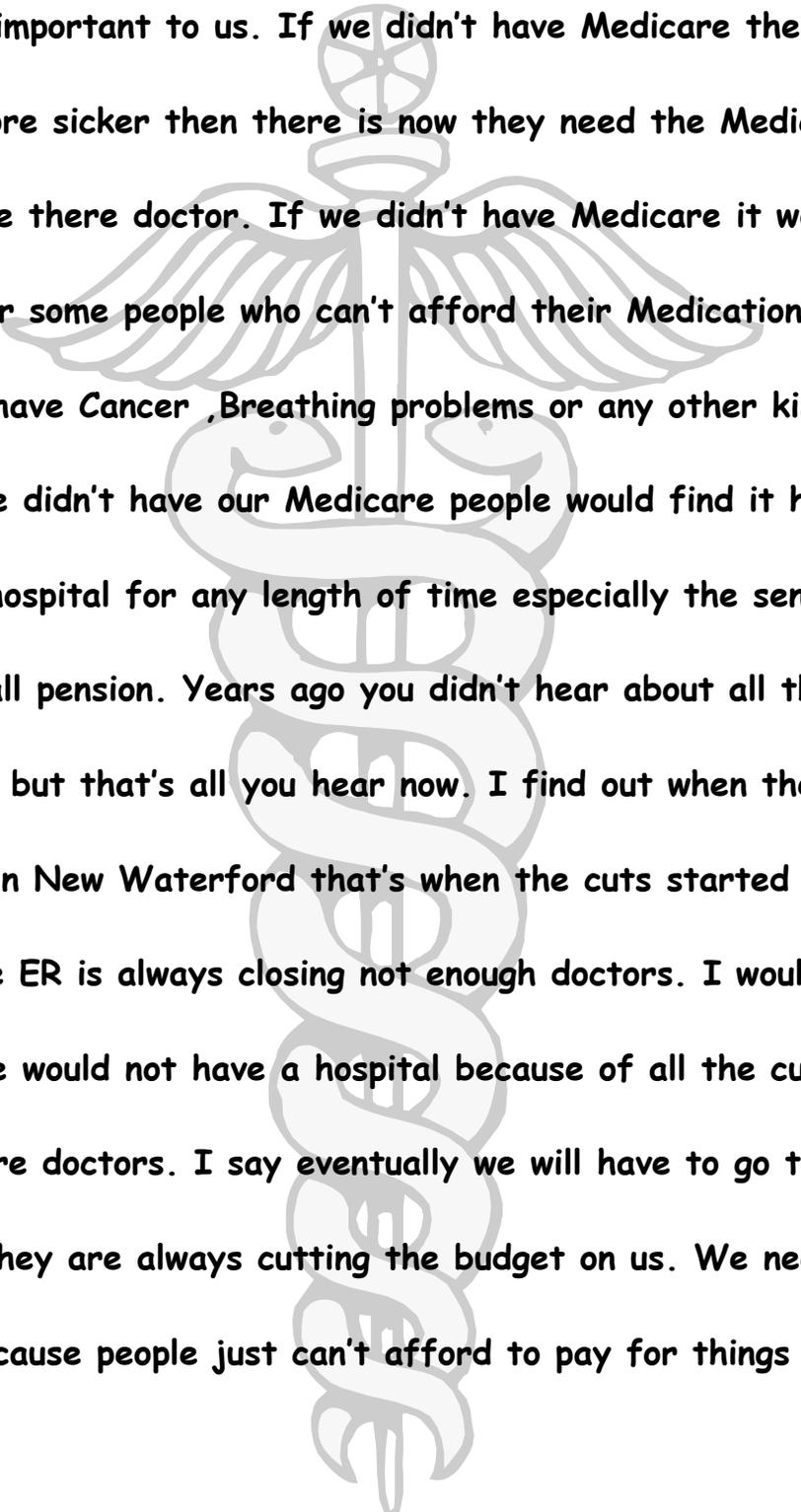


## Spring

Every year I look forward to spring. After the long cold winters I'm glad spring has arrived. I'm able to put my winter clothes away and take out my clothes for the nicer weather. I look forward to daylight savings time. I don't have to rush to get things done before dark because the days are longer. Sometimes the first day of spring doesn't feel like spring because it is cold and there is snow on the ground. When spring arrives the snow melts leaving the roads and sidewalks wet and muddy it is hard to go walking. I really enjoy the spring. I no longer have to stay home because of the weather. I wish I lived somewhere where the weather is mild all year round. Mild weather all year round would make life easier. I'd be able to go walking and enjoy the outdoors.

Tara Bates

### Why do we need Medicare?



Medicare is important to us. If we didn't have Medicare there would be people more sicker then there is now they need the Medicare to afford to see there doctor. If we didn't have Medicare it would be very hard for some people who can't afford their Medications like people that have Cancer ,Breathing problems or any other kind of illness. If we didn't have our Medicare people would find it hard to stay in the hospital for any length of time especially the seniors that live on a small pension. Years ago you didn't hear about all the hospital cuts but that's all you hear now. I find out when the mine closed here in New Waterford that's when the cuts started here. Well now the ER is always closing not enough doctors. I would say eventually we would not have a hospital because of all the cuts now. We need more doctors. I say eventually we will have to go to Sydney or Halifax.They are always cutting the budget on us. We need our Medicare because people just can't afford to pay for things on their own.

Tina McIntosh

Jesus has risen...



Jesus has risen the rock has moved away. Jesus has risen  
the rock has moved away. There is no one inside it's hard to  
believe that he has died.

He has risen to new life so souls will be saved. Jesus has  
risen o' praise him today.

Praise him today as you go on your way.

Jesus has risen the rock has moved away. There is no one  
inside just emptiness within. Jesus has risen he has risen to  
free us from sins.

Jesus has risen the rock is moved away.

Jesus has risen praise him today.

Praise his holy name sing halleluiah to the king of glory.

It's true his story the stone has moved away. He has risen  
to new life today.

Jesus has risen the stone has move away.

Written by,  
Brian Thurbide  
North Sydney class



### **If Love Could Be**

If love could be a color  
It would be baby blue  
As blue as a teddy bear.

If love could be a taste  
It would taste just like strawberry ice cream.

If love could be a sound  
It would be soft music.

If love could be a feeling  
It would be a hug from my boys.

If love could be an animal  
It would be a soft brown puppy.

**Laura Lee Gilmet  
Glace Bay Evening Class**



## The Playoffs

Last weekend the Screaming Eagles were in town to start their first game of the playoff hockey series. When I arrived at the rink, I went and bought a program to read and to see who was in the line up for the Eagles. Next, I went to my seat and then watched the players come out for their warm up. After the warm up, I went to the canteen for a pop. Then, I came back to my seat to listen to the announcer announce the players coming on to the ice. We all stood for the National Anthem.

In the first period, the Eagles were coming out flying and checking their opponents. The fans were going wild when they scored the first two goals. In the second period, the Eagles were down a goal.

Things started to get rough in the second period. There were a couple of scimmages at the end of the period. Our goalie was pretty hot saving 28 shots while their goalie only saved 12 shots. Our coaches were pretty mad after the other team took the lead. But after they talked to the players, they came back with six straight goals to win the game. James Sheppard and Oscar Bartulis both had five points for the Eagles. At the end of the game, the Eagles now are up two games to none. So I went home happy!

By Jeff Myatt

## Jean this is who I am

These are some things about me and who I am.

I find it difficult to sit still for long periods of time.

I often like to spend my free time outdoors.

When I have a problem, I'm more likely to seek out another person for help than attempt to work it out on my own.

I have at least three close friends.

I would rather spend my evenings at a lively party than stay at home alone.

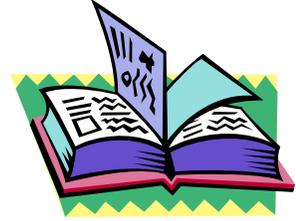
I have some important goals for my life that I think about on a regular basis.

I frequently listen to music on the radio, cassette tapes or compact discs.

Books are very important to me.

I enjoy doing jigsaw puzzles, mazes, and other visual puzzles.

I like to draw or doodle.



By Jean Stewart

## My Easter Weekend



My Easter weekend was a quiet one. I did some shopping, and picked up some items that I ran out of. I also picked up some Easter candy. I didn't cook this year. We went out to eat. The fish cakes and beans were homemade, even though it was brought in a restaurant.

We decided to go for a drive that weekend. If it weren't for the bad weather that hit us we would have gone on a much longer trip by car. We cut our cruise a little short due to the road conditions.

I enjoyed watching the news and saw the children hunting for Easter eggs even though there was snow on the ground. The one thing I enjoyed the most was to be able to finish off a novel that I started reading and just relaxing at home in front of the television. It was one of the best Easters I had in a very long time. Hopefully it won't be the last.

Kathy Doucette

## Our Side of the Mountain 2007

### I wonder if

I wonder if in the world there will be peace  
I wonder if the tears will go away  
I wonder if everybody will be happy  
I wonder if everybody will have a place to live  
I wonder if the pain will go away  
I wonder if the earth will be a cleaner place to live  
I wonder if there will ever be no more sickness in the world  
I wonder if everybody will be friendly  
I wonder if the oceans will be clean to fish and swim in  
I wonder if there will be no more weapons in the world  
I wonder if everybody will get along  
I wonder if there will be no more drugs  
I wonder if there will be no more wars  
I wonder if everybody would tell the truth for once  
I just wonder if?



Gary Brogan  
North Sydney class



## My Superpower

If I could have a superpower it would be bionic hearing. I would be able to hear sounds that other people cannot hear. I would use it for good not for evil. I would help people in need. If there was a fire I would be able to tell the firemen how many people and animals are inside the building. I could hear a bomb long before it landed. I could hear people drowning in the water. I would be able to rescue people from death.

I think some people would be jealous of my superpower. I would be famous. They would pick and pick at me until they either found out how I got my superpower, or until I give in and tell them. Some people would want me to use my superpower for evil. It would be terrible. **I think I'll stay myself, Carole, a nice kind person.**

Carole Bennett

## Our Side of the Mountain 2007

### If Hope Could Be

If hope could be a color  
It would be pink.  
As soft as a teddy bears.

If hope could be a taste  
It would taste just like apples.

If hope could be a smell  
It would be home made bread.

If hope could be a sound  
It would be country music.

If hope could be a feeling  
It would be stormy days.

If rope could be an animal  
It would be my puppy.

**By Rose Marie Stoodley  
Glace Bay Evening**



## My Long Easter Weekend

My long Easter weekend was happy, spending time with people that I love. I like having my family around me; they trust me and they are honest from the heart. I know that they will not give me the run around. Easter is a time that you can be happy or sad or just spending time with your family. Easter can be a time that everyone comes home and spends time together. It is nice to have everyone together and knowing that we are all safe. We talk together about things that happened in the past and how our lives are at the present time. Easter is a special holiday to me because I am with people that I love.

Jamie Lundrigan  
April 10, 2007





## My Health

My health is pretty good because I take care of my body by not smoking, drinking or do any drugs. I go bowling and play floor hockey for the Special Olympics. I also lift weights. I'm up to lifting 240 pounds with my legs. I watch what I eat. I eat non-trans fats foods like fries, chips and light pop. I eat more fruits and vegetables for example apples, oranges, carrots and potatoes. When I feel sad or lonely, I listen to music and I go for walks.

Mark Williams  
January 24, 2007

Our Side of the Mountain 2007

***SPRING INTO SCHOOL***

**S---** sign language, special people, subtraction and social skills

**P---** poems, public speaking, punctuation and parties

**R---** rules, regulations, right and wrong

**I---** ideas, interests, insects and issues

**N---** new students, night school, nouns, and numbers

**G---** guest speakers, graduations, good teachers and games

Written By  
Sheri, Andrea, Robert, Edward, Lisa,  
Ruth, Pat, Mary, Allan, Tommy, Kevin,  
and Norma Jean (Sydney Evening 1  
class)

## Our Side of the Mountain 2007

### Sydney Day Class "Too Many Left Behind"

This speech was written by our entire class and I am here to present it to you. We are the Sydney Day Class. We attend classes full time from Monday to Thursday.

We like to thank those who make it possible for us to have this learning opportunity. Thank you to the Adult Learning Association, the Department of Education and our instructors.

The topic of our Open House is "Too Many Left Behind". We feel that ALL of us were left behind for one reason or another. We all had difficulty in the public school system and did not complete our grade 12.

We feel that there should never be anyone left behind or anyone to fall through the cracks of the education system. Some of us have learning disabilities, some of us have medical problems, and none of us feel we had much support in our past.

Today we are all adults. We want what most people want. Didn't you want a high school education? Didn't you want a career with benefits and a future? Do you long for a future when you don't have to worry about paying the bills and making every penny count? For some of us going to see a movie is a luxury we cannot afford.

Being left behind is an embarrassment. People think of us as having no skills, no education, and low intelligence. Some people assume that we all collect social assistance because we are too lazy to work for a living. It makes us feel badly and some of us stop believing in ourselves. We may lack a formal education but we all have many different skills. Education takes place in life and living, not just in school. Some of the most

## Our Side of the Mountain 2007

important lessons we learn in life takes place outside of any school setting.

Making the decision to come back to school is never an easy one. It takes commitment, determination and courage. For those who are left behind we encourage you to take the bull by the horns and make that very hard decision. Come to school, you can do it. It will make a huge difference in your lives. You will feel better about yourself. You will become role models for your children.

We hope that in the future there will be no one left behind. We would like to see our classes full of students working to achieve their goals. We do hope that when we finish here at the Adult Learning Association we will not be left behind again. We want to continue with our education. We look forward to the day we walk across the stage in cap and gown to be handed our grade 12 diploma.

Once again we thank you for the opportunity given to us to learn and to express ourselves.

Thank you  
Sydney Day Class



Our Side of the Mountain 2007

**If Peace Could Be**

If peace could be a color  
It would be pink as soft as a rose petal.

If peace could be a taste  
It would taste just like cheesecake

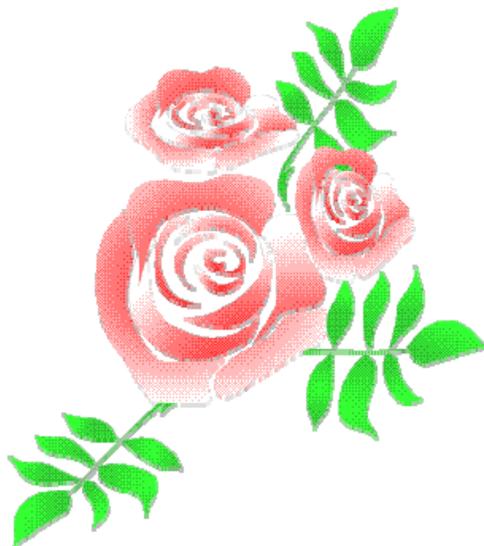
If peace could be a smell  
It would smell like a clean baby

If peace could be a sound  
It would sound like the ocean.

If peace could be a feeling  
It would be a kiss from my daughter

If peace could be an animal  
It would be a rabbit.

By Gail Vickers  
Glance Bay Evening Class



## My Election Experience



For provincial elections I work for my MLA on the Northside in Cape Breton, Nova Scotia. I pass out flyers and put up signs. I have fun doing this.

During the last election, I was putting out signs in Bras D'or. I went to my friend's house to put one there. My friend has a Rottweiler who likes to eat candy that I give him. That day I didn't have any, so he bit me. I thought that my heart was gone. He came out of nowhere and surprised me. Thank Heaven he didn't really hurt me. Although this scared me, I will still work for the next election.